

Switchfoot

Bassist Tim Foreman discusses Switchfoot and their new album "Hello Hurricane."
ENTERTAINMENT
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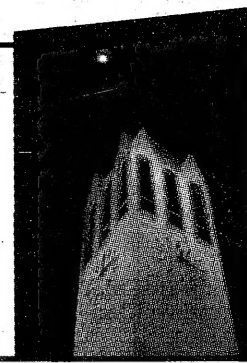
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UNO After Dark

News Writing and Reporting students uncover campus occurrences after hours.

EXTRA
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VOLUME 09 | ISSUE 26

TUESDAY | DECEMBER 8, 2009

Honored researcher lectures on medical advancements for stroke patients

NEIL HUBEN
CONTRIBUTOR

The UNO Nebraska Biomechanics Core Facility, directed by Nicholas Stergiou, was honored to host internationally distinguished neuroscientist Randolph Nudo at the Health, Physical Education and Recreation building from noon until 1 p.m. on Dec. 4.

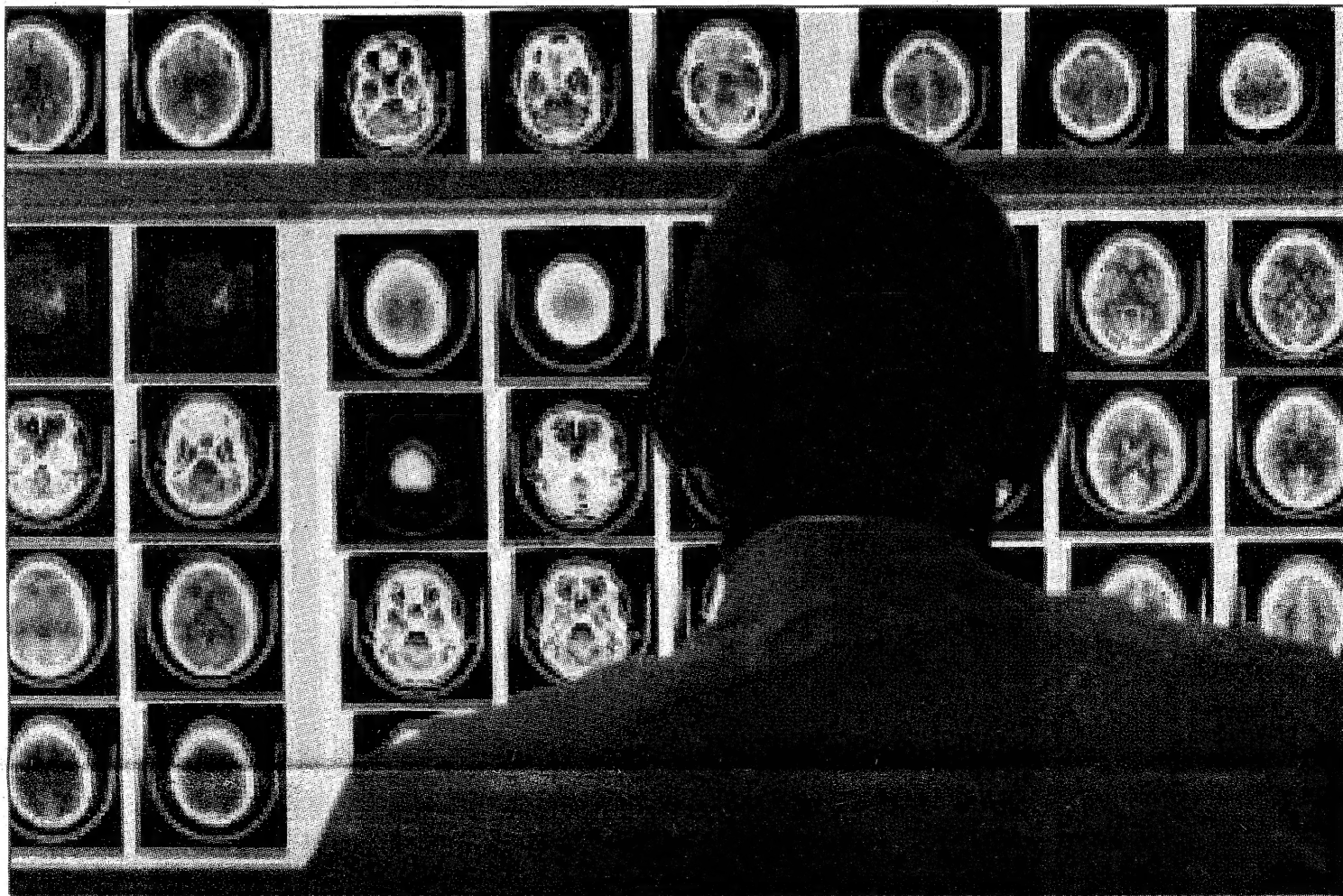
Nudo, director of the Landon Center on Aging and professor in the Department of Molecular and Integrative Physiology at the University of Kansas Medical Center, presented a lecture titled "Brain Machine Interfaces for Modulating Recovery After Stroke." The lecture focused on the mechanisms responsible for brain function as well as the effects of rehabilitation training on brain function following a stroke.

The term stroke refers to the rapid loss of brain function as a result of inadequate blood supply to the brain. Inadequate blood supply can result from a blockage within the arteries of the brain or as a result of significant bleeding.

A common manifestation of stroke is the loss of motor skills. Recent research has been focused on studying the effects of different rehabilitation methods to restore brain function and motor skills in stroke patients.

At UNO, Stergiou and the facility are currently exploring the use of rehabilitation robotics for sensorimotor training in affected upper limbs of stroke patients.

The lecture began with a historical introduction about the evolution and advancements made in understanding the mechanisms responsible for brain function. For two centuries, neuroscientists have debated the theories of localization and plasticity with respect to describing brain



DR. KEITH THULBORN, DIRECTOR OF MR RESEARCH AT THE UNIVERSITY OF ILLINOIS, STUDIES FUNCTIONAL MRI SCANS. (PHOTO COURTESY FLEU/LEARN)

function.

In 1892, Spanish physician, pathologist and Nobel laureate Santiago Ramón y Cajal proposed the theory of brain plasticity, which refers to the lifelong ability of the human brain to reorganize neural pathways affected by internal and external experiences or stimuli.

Ramón y Cajal said the neurons produced during adulthood were plastic

and had the ability to change their connections by adding or removing neuron connections.

Ultimately, the theory of plasticity suggests the brain has the ability to change with learning. This theory is critical to developing rehabilitative training following altered brain function as the result of stroke.

Before Ramón y Cajal's hypothesis,

neuroscientists believed that "in the adult brain the nerve paths are fixed and immutable," Nudo said.

"Everything can die, nothing can be regenerated," he said.

Such a finding suggests that following a stroke, the brain has the ability to compensate for damaged tissue with nearby, healthy tissue.

SEE **STROKE**: PAGE 2

UNO English alumnus shares stories, illuminates life outside of 'Ivory Towers'

EMILY JOHNSON
NEWS EDITOR

Some 75 UNO students, faculty and community members gathered to listen to the advice of Marc Manganaro, UNO English alumnus and dean of the College of Arts and Sciences at Gonzaga University, at the Thompson Alumni Center on Dec. 3 at 7 p.m.

His lecture, "The Road from Omaha: Reflections on a Life in the Not-So-Ivory Tower," was the latest of UNO's College of Arts and Sciences Centennial Speaker Series. It was open to the public and was followed by a reception.

Manganaro lit upon the efforts of English departments, highlighted opportunities for English students and shared with the band of bibliophiles one of the most important lessons he's learned over the years:

Steal from those whom you admire — with citation, of course.

"I say I stole from [UNO

professor] Mike [Skau] with all due respect, and respect it is because I think that what [T.S.] Eliot says about poets applies to teachers," Manganaro said. "Immature poets, or teachers, borrow. Mature poets and teachers steal."

Manganaro said his mentors at UNO came in two forms, those "who are older and above you and who you aspire toward, and those who also inspired you but who you lived among... whom you not only learned from but had beers with." From them he learned what he described as "the decorum of tradition" in addition to a revolutionary approach to literature.

"I actually believe I walked out of UNO with a B.A. in English better prepared than many of my future peers in graduate school, many of whom came out of the ivory towers of the Ivy League," he said. "And I say that in the sense that I had a literary historical foundation

many of them lacked. The Pearl Poet? I read him. Spencer? I read him. Shakespeare's histories? I read 'em. Ben Jonson and Samuel Johnson, I read 'em. Hawthorne, Bryant, Emerson, Fernow, Whittier, Bradstreet, I read them, and not only had I read them, I knew their place in context in the history of literature and English."

While it's important to critically study literary classics, Manganaro said the purpose students should focus upon is finding the "tie of literature to life."

"I and others read them because they did inspire us, they showed us something new under the sun, or showed us the art and beauty in that which we saw every day, and didn't realize that it was beautiful," he said.

His favorite pieces to study are poetry, and he hopes to someday experiment in teaching subjects that haven't yet been covered.

"Emily Dickinson once wrote,

"If I feel physically as if the top of my head were taken off, I know that is poetry," he said. "If you don't ever feel that, or have ever felt that, and I've told my students this over the years, you shouldn't be in the field, because work in English involves intellectual work, it involves rigor, it involves discipline, but it has to be at the root the appreciation and love of beauty and the arts that really drives what you're doing. We read literature because it speaks to us tellingly, and speaks to us across generations."

He recalled experiencing such a moment after he and his two brothers, packed up and hauled out "in mythic fashion" via station wagon to live in San Francisco in 1977. Until then, in spite of his Nebraska roots, Manganaro had avoided reading Willa Cather "like the plague," opting for favorite Jack Kerouac.

I remember being in my apartment off of Nob Hill, it was

sort of almost a cliché-like rainy, windswept night and foghorns were blowing right off the cable car line and the bell of the cable car was clinking and I was close to finishing "My Antonia," he said. "And I was reading about the young narrator's college education in Omaha and his dark, windswept evening, reading Dante and thinking of the meaning of Dante's words as interpreted by his own college professor. I think that was one of those moments where the top of my head came off."

At this point, Manganaro read aloud to the audience the passage, which concluded with narrator Jim Burton saying, "We left the classroom quietly, conscious that we had been brushed by the wing of a great feeling."

"I remember thinking when I read this passage more than 30 years ago, that I, like Jim Burton, in reading that passage and in listening

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FROM **STROKE**: PAGE 1

In the early 1900s, American physiologist Shepherd Ivory Franz discovered that "higher order functions, such as learning and memory, are not localized," Nudo said.

Initially, newly learned information is stored as short-term memory. Under correct conditions, neuron connectors can allow for information to be stored as long-term memory.

Franz's findings suggested memory is associated with neuronal alteration and further strengthened the argument of brain plasticity. In terms of stroke patients, the proceeding question became how brain plasticity functions following a traumatic incident.

With respect to post-injury plasticity, Franz reported that "functional adaptation must exist in the brain, allowing non-lesioned

[unaffected] centers to take over," according to Nudo. The precentral gyri, which is also known as the primary motor cortex, is located at the beginning of the primary motor pathway. The motor pathways are functionally responsible for gait, posture, reflexes, muscle tone and the overall locomotive patterns of the motor system.

In 1917, Franz performed a study involving serial destruction of bilateral precentral gyri in monkeys and confirmed the existence of what Nudo referred to as "motor recovery after re-education." Thus, by destroying the primary motor cortex, Franz determined whether brain plasticity could result in motor recovery following trauma.

During the mid-1960s, French physician and anatomist Paul Broca first introduced the theory of localization after he found damage to the left frontal lobe was related with impaired speech. This localization

of brain function theory, Nudo explained, suggests that different parts of the brain are responsible for different functions.

Currently, Nudo said the universally excepted dogma for brain function is that "functional localization is relative."

"Physiological and anatomical plasticity is common in the adult cerebral cortex [includes primary motor cortex]," he said. "Evidence is building from preclinical and neuroimaging studies that vicarious function exists in the cerebral cortex after injury."

Nudo proceeded to discuss his current and previous research studies. In previous endeavors, Nudo discovered if a small stroke is induced by ligating or cutting arterial blood flow to a specific region of a monkey's motor cortex, then specific regions adjacent to the ligated region have the ability to adapt and thus provide movement to

the damaged portion of the body.

For example, damage to portions of the motor cortex – which is responsible for ankle plantarflexion – might result in the inability to move the ankle. After rehabilitation, other regions of the motor cortex adjacent to the damaged region have the ability to adapt and thus control the ankle plantarflexors in order to restore ankle movement.

Nudo's current research is focused on exploring the changes that manifest in the motor areas of the cerebral cortex after a stroke. The aim of his current research is to further understand the reorganization or plasticity process of the brain following traumatic incidences such as strokes.

Stergiou and Nudo have collaborated for several years in the exploration of analyzing various treatments to further enhance rehabilitation for stroke patients.



Nebraskans for Peace held a peace vigil in response to the Afghanistan war escalation on Dec. 3 near 72nd and Dodge Streets. (MICHELLE BISHOP/THE GATEWAY)

FROM **SPEAKER**: PAGE 1

to and learning from my teachers, my mentors, felt that I had been brushed by the wing of a great feeling," Manganaro said. "Great literature does that. Great teachers do that."

While he commended universities for continuing to provide students with critical literature analysis skills, he continued to stress the importance of unveiling and including new approaches to writing, many of which he feels have been overlooked in the effort to examine classical literature.

Gonzaga University's core curriculum schedule is very traditional, he said, involving four philosophy courses, four religious courses and three literature courses. Manganaro's first administrative responsibility as the former undergraduate chair of the English department at Rutgers University.

"I think every institution needs to, on a regular basis, look at its literature and look at its curriculum and say, 'Does this reflect what our values are and what we do?'" he said. "You have to go back and reconstruct your curriculum to reflect your values, meaning what you value, what we traditionally value, what we see as innovative in what we're doing today."

He closed the evening with a question and answer session. He said the key to learning literature is learning to "think on your feet" and students should read as much as they could because "once you get older, you get way too busy."

Quoting Henry David Thoreau's 'Walden', Manganaro ended the evening with a few last words of wisdom.

"I learned this at the least by my experiment, that if one advances confidently in the direction of his dreams and endeavors to live the life which he has imagined," he said, "he will meet with success unexpected in common hours."

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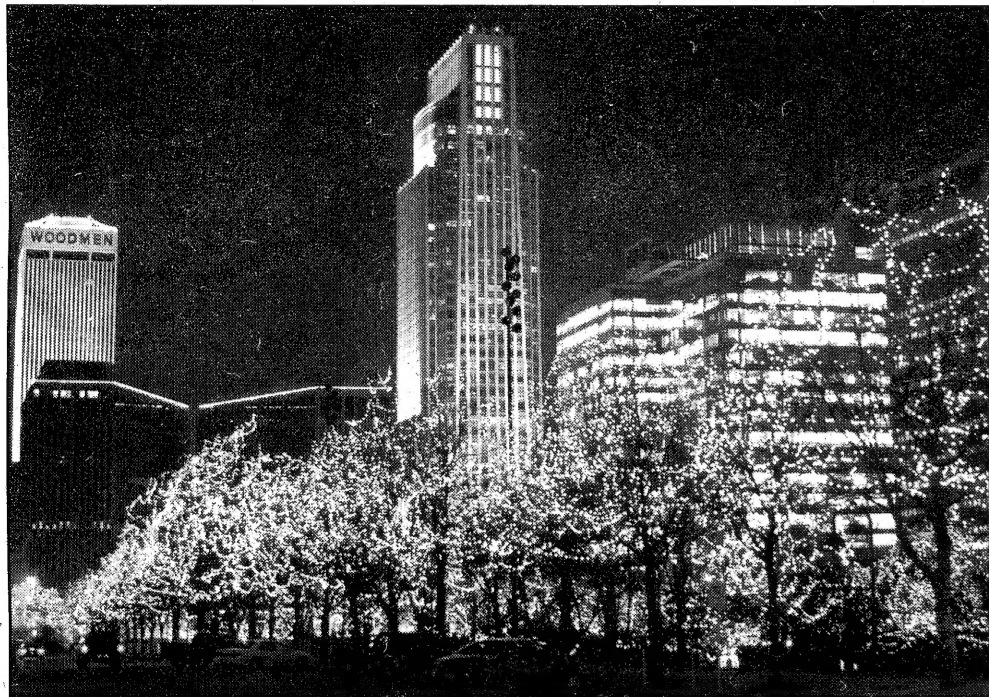
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Festival celebrates a decade of lighting up Omaha



Omaha's Holiday Lights Festival kicked off with the illumination of over 1 million twinkling lights on Thanksgiving night. (MICHELLE BISHOP/THE GATEWAY)

ANDREA BARBE
ENTERTAINMENT EDITOR

Thanksgiving day marked the 10th anniversary for one of the largest holiday celebrations in Omaha.

The month-long Holiday Lights Festival kicked off on Nov. 26 at the Gene Leahy Mall. The annual lighting ceremony began at 6 p.m. Mayor Jim Suttle, along with children from the Adopt-A-Tree program and Kids Cafés, led a countdown to the lighting display, which was followed by a free "Making Spirits Bright" concert with holiday music performed by the Nebraska Wind Symphony.

Now that the festival is well under way, a few events will continue through the end of December for Omahans to enjoy. ConAgra Foods has provided a temporary ice skating rink on site at 10th and Harney Streets. Admission is \$5 per person, which includes skate rental. All proceeds from the rink will be donated to Food Bank for the Heartland where the ConAgra Foods Foundation will match the final donation up to \$100,000.

The Figure Skating Club and the Blade & Edge Figure Skating Club will also join forces for two free performances

on Dec. 20 at 5 p.m. and Dec. 21 at 7 p.m. Skaters ages 2 and older will perform to traditional holiday music in costume and some of the advanced skaters will be highlighted. Skating Santa will also make an appearance.

Local groups will showcase their music ability for the Sounds of the Season at the Gene Leahy Mall and the Old Market every Saturday through Dec. 19. Bands ranging from youth to professional performers will play from 7 p.m. to 8 p.m.

One of the first events in the Holiday Lights celebration is the Wells Fargo Family Festival on Dec. 13 from noon until 5 p.m. This festival includes various holiday activities and programs at ConAgra Foods' campus, the Durham Museum, Joslyn Art Museum, Omaha Children's Museum, Omaha Police Department Horse Barn, W. Dale Clark Library and Wells Fargo Bank. A complimentary trolley will be provided to transport patrons from one location to another. Admission to most of these Family Festival activities is free.

The festival will wrap up on Dec. 31 with the First National Bank Fireworks show. It's one of the largest New Year's Eve fireworks displays in the Midwest with more than 30,000 people expected to attend. The fireworks show is choreographed to music played on the city's Christmas music station, Star 104.5. Spectators are allowed to bring their radios so they can listen to the accompanying music with the fireworks, which are produced by J&M Displays.

A critical component of the Holiday Lights Festival is the "Shine the Light on Hunger" campaign. Attendees are encouraged to bring non-perishable food items and household goods to the festival for donation. Collection bins will be available throughout the Holiday Lights Festival. All contributions will be distributed to families in need by Food Bank for the Heartland. Cash donations will also be accepted.



The First National Bank Fireworks show on New Year's Eve is the closing event of the Holiday Lights Festival. (MICHELLE BISHOP/THE GATEWAY)

HOLIDAY LIGHTS FESTIVAL EVENTS



Dec. 12 10 a.m. – midnight – ConAgra Foods Ice Rink 7 p.m. – 8 p.m. – Sounds of the Season	Dec. 20 10 a.m. – midnight – ConAgra Foods Ice Rink 5 p.m. – Figure Skating Clubs performance
Dec. 13 12 p.m. – 1 p.m. – Wells Fargo Family Festival 1 p.m. – ConAgra Foods Ice Rink	Dec. 21 10 a.m. – midnight – ConAgra Foods Ice Rink 7 p.m. – Figure Skating Clubs performance
Dec. 14 – Dec. 18 10 a.m. – midnight – ConAgra Foods Ice Rink	Dec. 22 – Dec. 30 10 a.m. – midnight – ConAgra Foods Ice Rink
Dec. 19 7 p.m. – 8 p.m. – Sounds of the Season	Dec. 31 10 a.m. – midnight – ConAgra Foods Ice Rink 7 p.m. – 8 p.m. – Sounds of the Season



EVERYDAY RUNWAY WITH JAY

by Jared Spence

I think it's impossible to be cute in winter weather. All the clothes I want to wear are not weather appropriate. Is there a way to remain stylish while keeping warm? -N.B.

Winter dressing doesn't (and shouldn't) have to leave your wardrobe in the dumps. Winter is all about luxury and a chance for indulgence in drama and oversized pieces.

When suiting up for the cold weather season, focus on details. Large or ornate buttons on coats and cardigans, and interesting necklines such as shawl collars and draping cowl necklines gives an outfit personality.

Ditch the hoodies and sweats for a more mature approach. Invest in pieces such as cardigans and sweaters that can be dressed up or down for all facets of your life, regardless of whether you're going to class, work or out on the town.

Check out American Apparel, which created a quirky alternative to the typical sweatshirt with their fleece V-Neck version for \$38.

Its oversized design has a charm that is nicely complemented by a belt and layered over leggings or slim jeans, alone or bundled over a classic button down shirt.

Baggy and draped cardigans as well as sweaters are a must and so decadent in styles. Try Silence & Noise's Cocoon Cardigan for \$48 at Urban Outfitters.

The rich-textured sweater adds detail that gives depth to your ensemble. Multiple textures such as the roughness of a wool sweater mixed with the sleekness of a cotton counterpart unite to give variety to an outfit and help build a look while adding dimension.

Banana Republic's button-textured pullover for \$98 has a boxy cut that is unique yet feminine. Its wool is sure to keep you

toasty while adding interest that sets it apart from a typical rib-knit sweater. It looks great over a turtleneck or long sleeved crew neck.

For a dose of drama, indulge in ruffles - the bigger the better. Details like these can liven up a plain knit sweater. The "Sweeping Frills" Cowl Neck Sweater from Anthropologie features an asymmetrical cut and vibrant lines of braids and ruffles. At \$128, this cozy find is an investment that's surely worth the splurge.

However, don't leave your lower half out in the cold. Winter doesn't necessarily have to restrict you to pants. Whether it's ribbed, colored or patterned, leggings and tights available in a variety of fabrics are a great alternative to keep you comfortable and looking your best in the season's chilly conditions. The winter leggings from American Apparel are made with a cotton and stretch-terry blend that oozes comfort and warmth.

Wool tights from Hue are the perfect winter companion and at \$22, they are a great find.

For a fun winter look with your leggings, layer them with a simple skirt. Try Old Navy's color-block tiered skirts and finish with a pair of riding boots.

This season, steer clear of sloppy hoodies and sweatpants. Dressing for winter can be both chic and practical by bundling up in richly textured sweaters with dramatic details and luxurious knits.

Need fashion advice? Send your questions to jmspace@unomaha.edu or submit them on the "Everyday Runway with Jay" Facebook page.

SWITCHFOOT BASSIST TALKS ABOUT RISE TO FAME, NEW ALBUM

ANDREA BARBE
ENTERTAINMENT EDITOR

With a new album climbing the music charts across the country, alternative rock band Switchfoot released their seventh studio album on Nov. 10 to rave reviews. "Hello Hurricane" sold more than 39,000 copies during its first week of sales and debuted at number 12 on the Billboard 200.

Since leaving Columbia Records in 2008, the fab five have been recording songs independently and trying to distinguish themselves within the growing music industry. Their last record, "Oh! Gravity," was released more than three years ago in 2006. But after winning several awards such as 2007's Album of the Year at their hometown's San Diego Music Awards, the group was ready for change of scene and a new adventure.

Bassist and back-up vocalist Tim Foreman spoke with the Gateway about their new record, life on tour and how he and his bandmates rose to fame within the past decade.

When was Switchfoot formed?

Well, my brother and I have been playing music together since we were really little. We joined forces with Chad [Butler], our drummer, when I was still in high school. We put out our first record a few days after I graduated high school. Along the years, we added Jerome [Fontamillas] and Drew [Shirley]. We've been at it for a little bit now. This is our seventh record.

Who came up with the name Switchfoot? Where did that originate?

It's actually a surfing term. You know, I'm sure there's a lot of surfers in Nebraska.

[laughs]

Oh yeah.

Yeah, yeah. Big surfing town. But it actually means putting a different foot forward on the surf board.

So then are you all big surfers or did you just like the concept?

Yeah... We're from San Diego and so there are three of us that grew up surfing quite a bit – competing and that sort of thing. It's a big part

of who we are. And Jerome and Drew – we drag them out in the water every now and then.

Switchfoot's known as being on the few mainstream bands out there that's religious. What made you decide to incorporate your beliefs into the music you make? Do you think it's helped or hindered your success?

To answer the second question, I'm not sure. It's hard to think about the music we play in terms of success because they're such honest songs, you know? I really don't know any other way of writing music other than music that's honest and that incorporates all of our hopes and fears, faith and doubts and everything that makes us human. It's hard to quantify success when you're talking about these issues that mean so much to us. As far as incorporating our faith into what we do, I really don't know any other way of doing it. I think that's true for all of my musical heroes that I grew up listening to like Bob Dylan Johnny Cash, U2 or Bob Marley. I think I've always been drawn to music that has a spirituality and that's coming from an honest place.

You already mentioned that your brother Jon is the frontman for Switchfoot. Growing up, did you ever think you two would be collaborating together musically?

Yeah, probably just because that's all I've ever known. We were probably doing the same thing since we were 3 and 5 years old. So it feels very natural for me to be working on music with my brother.

Have you always played the bass and sang? Or did your love of music stem from another instrument?

I started out more with piano and even some guitar, but I fell in love with the bass pretty early on. I think I was maybe 11 or 12 when I started playing the bass. Jon and I actually started a Led Zeppelin cover band when I was still in elementary school. I think I was the only kid in fifth grade rockin' out to "Black Dog."

[laughs]

Did your band have a name?

It did and it's an awesome



Switchfoot's latest album, "Hello Hurricane," dropped on Nov. 10. It's the group's seventh studio album. (PHOTO COURTESY SWITCHFOOT.COM)

bandname, too. We were called Joker's Wild.

[laughs]

Nice. I like that.

Yeah, when you're in fifth grade, there's really no better name than Joker's Wild.

Switchfoot gained a lot of recognition with the movie, "A Walk to Remember" because four of your songs were featured on the film's soundtrack. How were you approached about lending your music to the movie?

As far as I know, it actually came from Mandy Moore who's the star in that movie. Being a fan of our music, she had heard our song "Only Hope" and wanted to sing that in the movie. Then from hearing that song, the film crew heard our other songs and it's kind of amazing – when everything was all said and done, like you said, I think we had half of the soundtrack. Half of it was our songs, which is a really cool thing. It's a compliment to have someone from a different art form say "Hey, I like what you're doing and want to use that in what I do." So it was cool.

Did you see the movie right when it came out?

Yeah, we actually went to the movie premiere and it was pretty surreal for some surfer kids from San Diego to be walking the red carpet with Mandy Moore. I think David Hasselhoff was sitting in front of us in the premiere. It was bizarre but again, really a compliment to be a part of that and have our music be a part of a film is always fun.

What moment during your music career did you realize that you "made it," so-to-speak?

Oh gosh. You know, I think people always try to define success based on numbers whether it's how many records you sold or how many tickets you're selling. I think it's a really flawed system. Numbers aren't that exciting to me. So we've always tried to define success for ourselves instead of letting other people define

it. For us, it's really about playing songs we're passionate about. I think if we had to play songs and tour all around the world playing songs we didn't believe in... that would be pretty disastrous. I really don't know how we would do that. For us, we've been successful since day one because we're always played music that meant a lot to us. I feel really fortunate to be in a band that we still like playing our hit songs. You talk to so many other bands with songs that made it big and they have songs they can't stand playing or that they wish they had never written because they're embarrassed by them. I feel really fortunate that that's not the case with us. Those are still songs that carry a lot of meaning for us.

What's the best thing a fan has ever given to you or done for you?

Well, one of our favorite things about touring is hanging out with fans after the show and getting to hear their life stories and finding out that our music has impacted them in some way. It's something that we will never get tired of hearing. I think our fans have given us a lot just by sharing their stories. It's really humbling to find out that just a simple rock 'n' roll tune kept someone from committing suicide... things like that. Those are worth more than any physical things that anyone can ever give us.

What about the craziest thing that's ever happened to you while on tour?

[laughs]

There's crazy things that happen every day. Two days ago, we played the "The Tonight Show" with Conan O'Brien and I actually fell – I completely fell over the drum kit right before the curtain opened and all right before we went live on television. I just tripped and fell. Drum mics went everywhere. My bass got all dinged up and out of tune. We were all scrambling 30 seconds before we go live to get all the drum mics back and collect myself... get my bass back in tune.

[laughs]

Those are the type of things that happen every day on the road

when you're going for it live. That's what makes it exciting.

Tell me about your latest album, "Hello Hurricane," which dropped on Nov. 10.

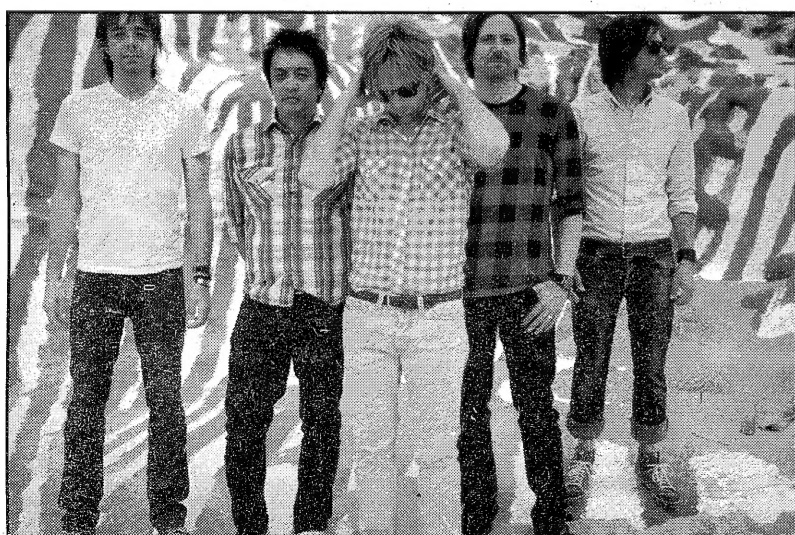
Well, it was the hardest record we ever made. I think because we were really pushing ourselves further than we ever pushed ourselves as a band. I'm more proud of that than anything we've ever done. It's great to be on the other side of it... to hear this collection of 12 songs. We're so proud of the process and the result as well. The process was difficult because we left our major label at Columbia Records and built our own studio. We were just trying to recapture as much independence as we could. We felt like we needed as much time and freedom to explore who we were as a band and figure out the type of album we wanted to make. I don't think we could have made it any other way. It was a difficult process having that much time and freedom. We recorded well over 100 songs and many times, we wondered if we would ever recognize the finish line when we saw it. But I think the result is 12 songs that really mean a lot to us.

What's your favorite song off the new record?

It changes every day, but a song that I continually come back to is the first song on the record, "Needle and Haystack Life." There's something about the emotion captured in that song and in the lyrics of that song that really resonates with me about the preciousness of life.

With your new tour, I saw that you guys don't have any Omaha dates scheduled. What happened?

I'm pretty bummed about that actually. I especially am very fond of Omaha and have always been kind of enamored with the Omaha music scene with Saddle Creek and everything. I'm always excited and feel like we're a part of the great music going on there in some way. So I think we're going to try and get out there maybe in early spring or late winter. It's been too long. We're ready to get back there.



Switchfoot's popularity grew after four of their songs were featured on the "A Walk to Remember" soundtrack in 2002. (PHOTO COURTESY SWITCHFOOT.COM)

'Monk' washing hands of his last case

JONATHAN STORM
THE PHILADELPHIA INQUIRER

(MCT) – Most stars of long-running series go screaming out the door when their show wraps. No more contract, no more money, no more need to talk to pesky reporters.

"I'm off the clock, so it does feel a little funny," said Tony Shalhoub on the phone last Tuesday, "but we're proud of the finale, so we want people to tune in."

Adrian Monk, the character Shalhoub plays on the USA Network series "Monk," sailed off into the sunset Dec. 4, having helped turn USA and cable TV in general, around.

Shalhoub, about as relaxed as Monk is obsessed and prickly, doesn't take a lot of credit. "Cable was in the process of changing, and more and more people were drawn to cable – writers, producers, actors, directors. In eight years, that entire landscape has sort of done a 180."

"Monk" premiered on USA on July 12, 2002, four months after "The Shield" showed up on FX. The two proved not only that there was a place for quality scripted fare on basic cable, but that basic cable, with its shorter seasons and greater freedom than the traditional networks, might actually be the place for quality scripted fare.

"The networks really have their work cut out for them," Shalhoub said. "Cable always was regarded as sort of a bastard child or something, and when nobody was looking, it just exploded."

"Monk" was lighter than most of the cable hours that followed, but it set the stage for Kyra Sedgwick's "The Closer" on TNT, which led on that network to

a genre of tough female cops. On its home network USA, the characters were quirkier: "Burn Notice" features a fired spy who won't take no for an answer. "Psych" has a fake psychic.

And it helped revive the off-beat detective character that was once a TV staple, from James Rockford to Thomas Magnum to Rick and A.J. Simon. "The Mentalist" is one of CBS' biggest new hits. Tim Roth's Dr. Cal Lightman sees through criminal fog on Fox's "Lie to Me." Geekball mathematicians work cases on CBS' "Numb3rs."

In the winter of 2003, after the show's first season, Shalhoub won the Golden Globe for best comedy performance by an actor. "That happened before I realized we were really on anyone's radar," he said. "That first year, a lot of people were scratching their heads."

He won the Emmy for the category later in the year, and went on to be nominated like clockwork at the Emmys as best comic actor throughout the life of the show, winning again in 2005 and 2006.

Friday night, we'll discover who murdered Monk's beloved wife, Trudy, sending him so deep into obsessive-compulsive disorder that he needed to hire a companion to help him get through the dust of life that most of us find so easy to ignore.

When Traylor Howard replaced Bitty Schram in the position in 2004 (because of "a new creative direction" or supporting-actor greediness, we may never know), the fans went nuts, but Howard proved to be a reasonable change.

"The people who were drawn to the show became like Monk a little,"



Traylor Howard, right, has played Tony Shalhoub's assistant for five years on the show "Monk" which is ending its eight-year run. (USA NETWORK/MCT)

Shalhoub said, "and fixated on it."

Shalhoub is leaving with a smile.


"Creatively, it was the right time. You just don't want to get to a place of complacency. It's the actor's dilemma. You want some kind of stability and security, but not too much."

Next up – "not 100 percent signed and sealed" – is the Broadway revival

this winter of the farce "Lend Me a Tenor," directed by his old friend Stanley Tucci, who won a 2007 guest acting Emmy on "Monk."

And for exasperating fussbudget Monk himself?

"I'm a believer that there's change, that there's feeling," Shalhoub said. "I would say there is some hope."



ATTENTION! ATTENTION!

All international Students with F & J Visa Status

If you have health insurance not from UNO,
you will be billed for UNO insurance

In order to waive the charges, your plan must be reviewed by
Marcia Adler at Student Health Services, MBSC 1st Floor
before: **January 29th 2010**

THIS MUST BE DONE EACH SEMESTER!

Worldwide communication sparks all-nighters

KELLY WALSH
CONTRIBUTOR

It's 4 a.m., and students from the Information Science and Technology department are busy discussing cross-cultural differences with their counterparts in India 12 time zones away.

This worldwide collaboration is made possible through the technology of Skype and other programs that help break down pre-determined characteristics of partners from other countries and build respect for cultural differences, said Dr. Deepak Khazanchi, professor of information systems and quantitative analysis at IS&T.

"Technology is so good now we can do our work quite differently than 10 years ago," he said.

IS&T students experience different cultures through prescribed coursework.

Earlier this year, students from Omaha, Wisconsin and India worked on a six-week class project focused on understanding cross-cultural differences, Khazanchi said.

Students had to adapt to geography differences, time differences and learn rotation schedules, Khazanchi said. The rotation schedules were created for the convenience of the students, allowing for work adjustments according to time zones.

Although adjustments were an option, India was hardest to work with because of the 12-hour time difference, he said. Sleep deprived or not, students had to make the effort to adjust accordingly, which also meant staying later at IS&T or working at home on personal computers.

To build personal relationships in what historically has been an impersonal environment, Skype has been adopted as the main form of communication between students and faculty. It allows for audio and visual contact between people on opposing ends of the computer screen.

Khazanchi stressed the importance of managing geographical and cultural differences.

"Indian people like to work late into the night and start late in the morning and during personal time," he said. "We tend to be more meticulous about our use of time and personal space. Whereas in Norway, it is very different and they are very laid back. Nothing is a rush to them. Different cultures have different characteristics."

UNO works not only with the University of Wisconsin in the United States, but the current foreign partners include: University of Wisconsin - Eau Claire, Austria's Management Center Innsbruck, Germany's Braunschweig University of Technology and the University of Agder in Norway. It also works with four universities in India and hopes to continue expanding.

The IS&T department has about 1,000 students, so it is hard to work with many countries on various projects at once, Khazanchi said. He added that the department is trying to help students see the importance of focusing on growing economies, such as Indochina and Brazil, to benefit the United States in the future.

Campus Security proves to be more than a day job

NICK CAVALLARO
CONTRIBUTOR

A nearly deserted college campus may seem an uneventful place. Traffic is minimal. Buildings are empty. Most students and faculty members have long since departed.

For John Folker, an empty campus is just another night on the job and, at times, far from uneventful.

Folker, a 30-year-old Campus Security Sgt. at UNO, said it takes both time and a lot of coffee to get used to working nights, but the late shift has its advantages.

"It's easier to pick out who doesn't belong here at night," Folker said. "You've got 10,000 people here during the day."

Folker's patrol began at midnight during a recent November shift. He walked from the Eppley Administration Building into the brisk fall night, stopping by his truck to get his jacket. The campus was lit in patches by well-placed light posts, and many of the shadows were filled in by a nearly full moon. Still, Folker's belt held a flashlight, just in case.

Folker and six officers are in charge of the entire campus at night. Some nights are more eventful than others, Folker said, and weekends are generally more chaotic than weeknights. But Folker has learned to expect anything in almost eight years at UNO, including armed students threatening to harm themselves and "highly intoxicated" out-of-control residents.

The most common offense on campus at night is a minor in possession of alcohol, Folker said. Most incidents occur in student housing areas, especially on weekends, and instances vary in severity.

"If we don't have to contact [the Omaha Police Department], we don't," Folker said. If students are cooperative, Folker added, the process is smooth, but if things get out of hand or if students try running, the OPD may have to assist.

Not all of Folker's job invokes the as-seen-on-TV portrayal of men and women in uniform. His nightly routine, beginning at 11 p.m., includes writing and reading reports, giving briefings, creating schedules and assigning patrol zones. After all the paperwork is done, Folker said, the bulk of his job is patrolling, which may include tasks as mundane as unlocking doors.

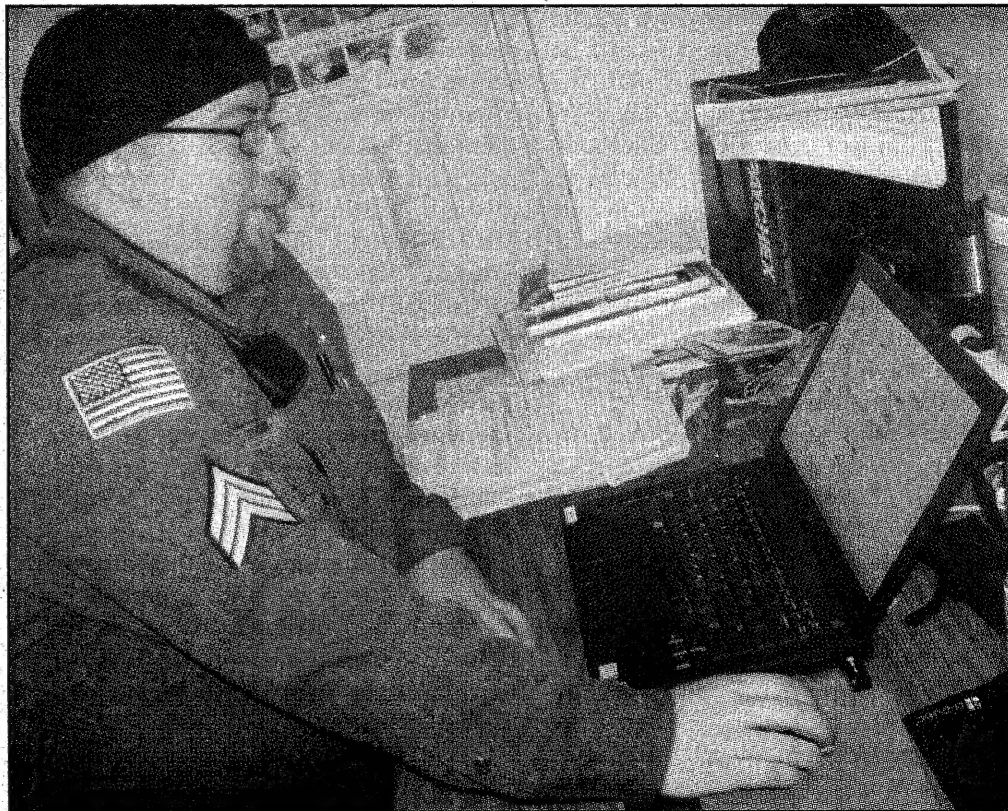
"It's pretty common to get a call about a locked door from people who need in some building or another," Folker said. "We try to be out on campus as much as possible."

He glanced at the dark outline of the empty Milo Bail Student Center. He and other security guards check this and other empty buildings, making sure that nobody's inside who shouldn't be, and that those who are inside are actually working.

Though he calls his job interesting, Folker admitted that on some nights "there's just not a lot going on." Other frequent calls include noise complaints and suspicious person reports, most of which are dealt with effectively and uneventfully, he said.

"Very few calls are real emergencies," Folker said. "We get a lot of calls for jumpstarts."

Folker walked along the Criss Library walkway as a few tired-looking students



Campus Security Sgt. John Folker is making adjustments to the night-shift schedule at the Campus Security office, which is located in the Eppley Administration Building. (ANDREA CIUREJ/THE GATEWAY)

hurried past the just-closed library. If students appear to be working or studying, he said, the fact that they're on campus after hours doesn't worry him.

"If they have a book and a notepad in front of them, they're probably not up to anything," he said.

Though not every night is a thrill, Folker and his fellow officers are certainly prepared for anything. Folker's belt is equipped with a flashlight, a baton, pepper spray and a set of handcuffs, each of which he and his fellow officers are trained to use. They also learn defensive tactics.

Being prepared, Folker said, still includes a few surprises. He recalled a recent incident, when an apparent UNO student begged him hysterically to be let into the Strauss Performing Arts Center, where she said she was meeting a professor. Late-night student-professor meetings are "not unheard of at 3 a.m.," Folker said, but he was skeptical.

After some questioning, the distraught girl admitted that she was no longer a student, but she insisted "the universe had called her" to UNO that night, Folker recounted, laughing.

Some of Folker's memories are not so light-hearted. He vividly recounted the night in June when a custodian died in Kaiser Hall. Folker said it was probably one of the most mentally difficult nights on the job. He and others attempted to revive the man for six minutes, he said, before an ambulance arrived.

That night was an unfortunate reminder of why Folker chose his career.

"You get a certain satisfaction from helping people," he said. He admitted helping others could be considered "a bit of a cliché," but that doesn't change his outlook. If his mother were assaulted in a deserted parking lot, Folker said, he would want someone to be there to help her, and he hopes to help in the same capacity for others.

Folker rounded the Durham Science Center at 12:42 a.m. when a voice sounded from his radio for the first time since he left his office. Another security guard detailed a dispute between a boyfriend and girlfriend.

The woman was upset, Folker later explained, because during the course of

an argument, her boyfriend left with her parking garage pass, and she was unable to enter the garage. After confirming that everything was OK, Folker resumed his walk. Such incidents, Folker said, are pretty common on campus.

Overlooking the occasional lover's quarrel, patrol is pretty mundane, Folker said. On nights like Christmas Eve, when there's "literally nobody here," the job can get pretty boring. Folker has whiled away more than a few nights listening to George Noory's "Coast to Coast AM," which he enjoys because "you get to hear some real whackos."

Long, uneventful nights have also given Folker time to think about important things. One of his biggest fears, he said, is a violent incident like the Virginia Tech massacre of 2007, a fear made more real for Folker by the Westroads Mall shooting that same year, which he called "our own [Virginia Tech] a mile away." His brow furrowed slightly at the thought.

The UNO security force is not equipped to confront someone with a gun, Folker said, but there are measures in place to efficiently address such an eventuality. His job, he said, would be primarily to assist the OPD in any capacity.

Folker hopes he won't ever see such an event, both for his sake and for that of his 15-month-old daughter. When he isn't catching up on sleep, Folker spends his days chasing his daughter around and catching up with his wife.

As the Eppley building came into sight again, more than hour after he'd last seen it, Folker slackened his pace. He will return to his office soon and once again be immersed in schedules and paperwork until 7 a.m., when his shift ends.

The late night Dodge Street traffic hummed dully to his left, the only sound on an otherwise silent campus. The lack of thousands of people bustling through and among the many buildings may sometimes make Folker's job easier, but the campus itself, he said, doesn't see much of a change at night.

"It's exactly the same as during the day," he said, smiling, "except the lights are off."

Late-night library staffers 'jacks of all trades'

AINSLEE KARDISCO
CONTRIBUTOR

If you have ever worried about falling asleep in the library during the late nights of dreaded finals week, you can relax.

The Dr. C.C. and Mabel L. Criss Library is equipped with numerous motion sensors scattered in various locations throughout the building. So if you find yourself snoozing past closing time, have no fear. The moment you budge, security is going to know about it.

However, it is highly unlikely someone would even get to this point, having to first escape the sweep of the building that the library's closing crew performs at the end of each night. Mohammed Husain, assistant building services manager, and the rest of his closing crew – on one November night – checked every nook and cranny on each of the library's three floors before finally locking the doors at the end of the night.

Even if by some weird, off chance someone did get locked inside the library at the end of the night, Audrey DeFrank, acting dean of libraries, said anyone locked in would not be stuck there for long. DeFrank said there is very little time that the library is completely vacant. Even after closing, cleaning staff usually is in the building, she said.

The library is open until midnight Sunday through Thursday. On a Monday

night in the middle of the fall semester 30 minutes to closing, the parking lots adjacent to the library are still nearly half full, and students can be found on all floors of the library. Of course it is dramatically less busy than it is in the mid-afternoon hours, but students are still scattered about the first and second floor computers, paired up at tables, and occupying the library's many group meeting and study rooms.

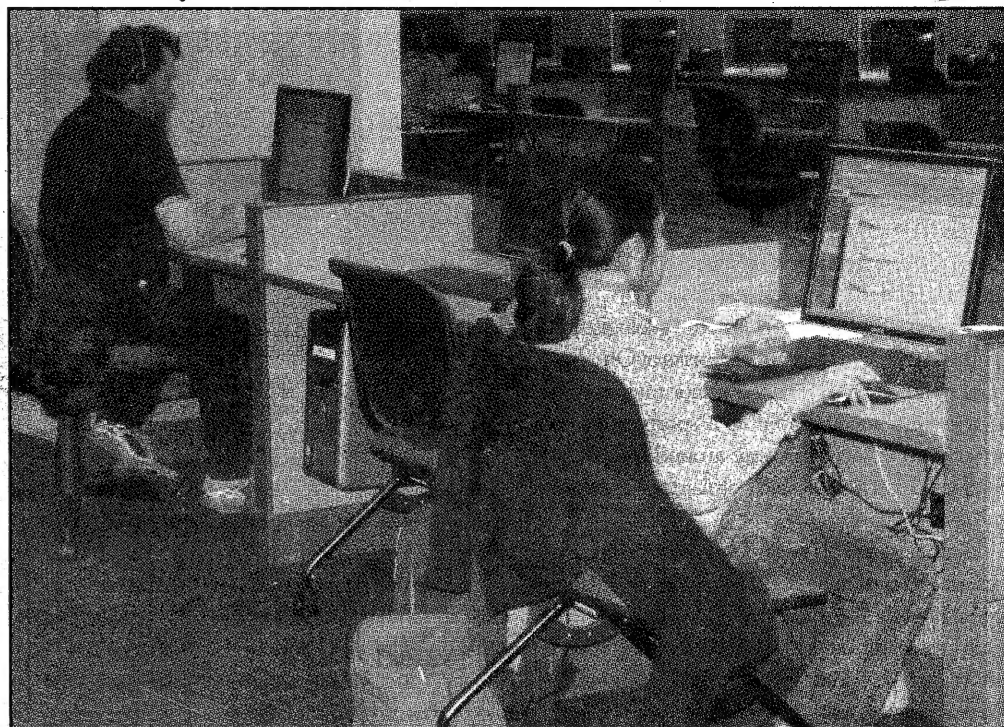
At 11:30 p.m., a voice coming over the loud speaker warns library users that they have 30 minutes until closing. These warnings continue as time winds down. Finally at midnight, the lights even flicker to alert the library patrons that it is time to head home for the night.

Husain said 40 students may still be in the library at closing time during finals week. During a normal week, he said, there are usually about 20 students at closing. DeFrank elaborated on this.

"We do have people that love the library and would stay here the whole time if they could," she said.

Husain said he has had students request the library extend its hours past midnight or, even the extreme, remain open 24 hours a day.

Until the latter happens, Husain and his crew will continue their nightly closing routine. Besides completing a sweep of the entire building, the closing crew also has to go around and shut down all of the



Students are studying in the library until the brink of midnight, when the library closes. (ANDREA CIUREJ/THE GATEWAY)

electronics. They also only leave enough lights on so that members of the cleaning crew can see to do their work, he said.

As Husain and the closing crew sweep the library, they check for any items that may have been left behind. Husain said the library has a lost and found, and any items found during their sweep go there.

Closing down the library at the end of

the night is not the only thing Husain and his crew have to worry about. Husain, who referred to himself as "a jack of all trades," said he has also had to change light bulbs and patch walls.

He has even had to scoop snow outside the library, he said.

RAs report medical emergencies, mudslides after dark

SCOTT BOUGGER
CONTRIBUTOR

University resident advisers are trained to handle whatever situations may occur at UNO's student housing during the middle of the night – even impromptu mudslides.

Joey Weber, assistant director for resident life, said a resident adviser is always on duty during the nighttime hours. The eight advisers on staff are trained to handle whatever challenges they may face, including medical emergencies and misbehaving students.

Resident advisers receive extensive two-week training at the beginning of each school year, Weber added, that prepares them to handle emergencies and counsel students.

When emergencies occur, Weber said, resident advisers call a professional staffer, who acts as a resource. Afterward, the resident adviser fills out reports, which Weber reviews to determine whether any

follow-up is required.

Weber said any consequences that are handed out depend on the violations and how many times the offense took place. A first-offense alcohol violation means the offender takes a class and performs community services at Maverick Village, he said.

Martina Kolobara, a UNO junior, became a resident adviser last year with the opening of Maverick Village. Kolobara said students are encouraged to call the resident adviser when problems occur.

"It is in the students best interest that they call the R.A. on duty first because often times we can handle a situation without involving campus security or the Omaha Police Department," Kolobara said.

Resident advisers contact staff professionals when students threaten to harm themselves.

Kolobara described an instance last semester when she had to call in campus

security to help calm a Maverick Village resident. "There was a student last semester who got intoxicated and began throwing things around. I called campus security and they came and calmed the student down."

Resident advisers each assist 47 students, live in the dormitories and are assigned to respond to individual needs of the dormitory residents one night a week, as well as four holidays a year and four weekends each semester.

Kolobara remembered a rainy night last year when one of her residents created a mudslide in the Maverick Village lawn.

"I was walking home one night after class and one of the other R.A.s told me that one of my students created a mudslide outside Maverick Village," Kolobara said. "It wasn't a policy violation but the students were held responsible for the damage and the sod was expensive to replace."

Bad weather creates tedious process for campus

MEGAN MACKIE
CONTRIBUTOR

When the snow falls overnight and UNO students wake up wondering if classes might be cancelled, the man with the answer is John Amend.

Amend, UNO facilities director, consoles Chancellor John Christensen if he thinks the university should cancel school because of overnight snow or ice.

"It's not a short process," Amend said.

When bad weather is expected, Amend starts to monitor the weather as early as 5 p.m. and continues until the morning. He starts by analyzing what the weather is predicted to do. He must figure out if the snow and ice are going to increase or decrease over night. Amend uses weather services and the progress of the city's snow removal crews to help make his decision.

Most importantly, Amend has to determine if campus parking lots and sidewalks will be clear of snow and if the city streets are safe for travel.

A late night snowfall means a late night for Amend. He said he notifies the chancellor by 3 a.m. if school should be closed in the morning. After the chancellor's approval, Amend gets the word out by 5 a.m.

Cancellations are phoned into an automated calling system that puts out the message that UNO will not open. The information is delivered to about 125 key staffers. This includes ITS and University Relations, which contacts news and radio stations.

Amend said he generally does not have to cancel classes in the morning. UNO has a grounds crew to clear the sidewalks and salt the entryways of the buildings. The contracted snow removal group is responsible for parking lots, parking structures and roadways.

The more cars on campus, the harder it is to clear the snow, Amend said. Cars and traffic are not usually factors overnight so crews can get the campus prepared.



University Village glistens with Christmas lights at night. (ALLISON McDERMOTT/THE GATEWAY)

UNO geologist 'rocks' out all night

KIRBY KAUFMAN
CONTRIBUTOR

Brian Tipton likes rocks. He likes them so much that he often spends his nighttime hours with them in the Durham Science Center geology labs after most campus doors have closed.

Tipton, 23, self-proclaimed "geologist-in-training" at the University of Nebraska at Omaha, is a lot of things. He's a UNO junior majoring in geology. He's an employee at a sporting goods store. He even knows his way around a wet saw and can fashion a makeshift hotplate out of an old pancake griddle.

Tipton is part of the seven-member Geologic Fracture Patterns in the Badlands project. Principal investigators for the group were Harmon Maher, interim associate vice chancellor for research and creative activity; and Robert Shuster, associate professor of geography and geology.

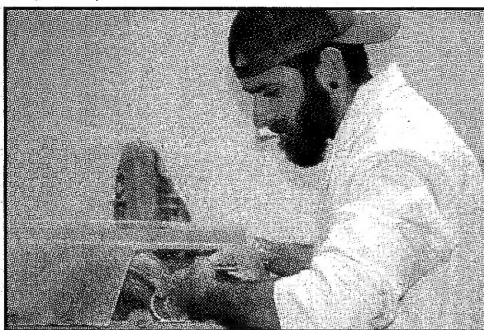
The project is to understand how fluids can move through the fractures in rocks, and research is conducted at night because school, work and other activities fill up the rest of the day, Maher said.

"Basically they're very busy students and so sometimes the only opportunity you have — the days fill up with things courses and so forth — is to do your research at night," Maher said.

For Tipton, the night usually begins with a cup of coffee brewed hours before in the Senior Lounge, found on the second floor of the Durham Science Center. Behind its closed doors await food items such as canned soup, tea and cereal. Students also bunk on the green couch kept in the lounge.

Tipton keeps a desk in the lounge with books and a food reserve. He has slept overnight in the lounge numerous times when his research has kept him into the early hours of the following day.

Coffee is caffeinated fuel for Tipton. He drinks four to five cups a day. Now he's trying to drink more water and juice to keep him hydrated



Brian Tipton cuts a sample that he collected in the Badlands with a water saw. (KIRBY KAUFMAN/ THE GATEWAY)

at night.

"I'm learning to get away from (coffee)," he said.

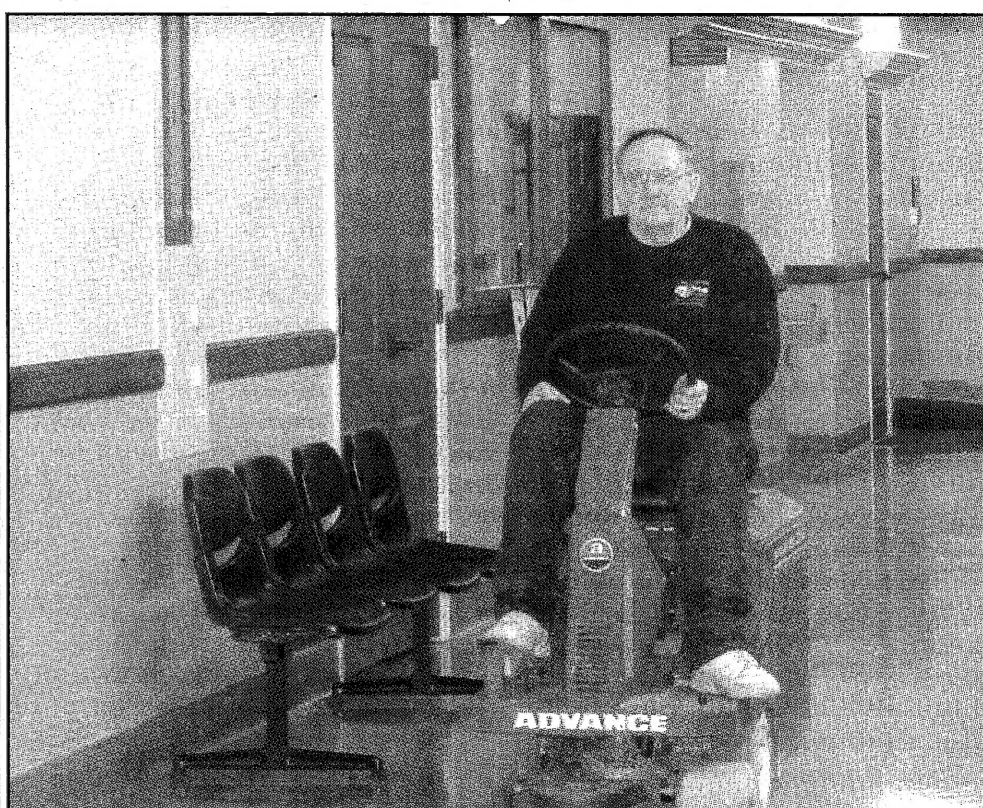
Part of the project is rock cutting and analysis. Rock and mineral samples were collected last July at the Chamberlain Pass in the Badlands of South Dakota. More rock is cut at night because it's a loud process.

"It's having respect for the class they're having and the last thing I'm going to do is interrupt the class with something I can do later," Tipton said.

Tipton, with lukewarm coffee being his only companion on this recent night in November, cut samples that were then placed in cups to be filled with epoxy. The epoxy hardens the clay in the samples because clay can be softened very easily. A solution of water and coolant was used to keep the wet saw blade from overheating while cutting the rock. Finished samples were dried on a hotplate and then sent to a specialist who makes them into a paper thin layer that can be examined with a microscope.

The best thing about working at night is that there are fewer distractions, Tipton said.

"Nobody's around and you'd rather be at home relaxing and sitting at the TV, but you get more done doing it that way."



Night-shift custodian Randy Jensen begins his shift duties by using a riding burnisher to polish the floors of Arts and Sciences Hall. (ANDREA CIUREI/ THE GATEWAY)

CHASE SPENCER
CONTRIBUTOR

As Randy Jensen rides through Arts and Sciences Hall on UNO's campus, he slaloms through the hallways like he's in an obstacle course.

"You can't burnish the tile, so you have to go around it," Jensen said.

Tom Herman, supervisor of the night staff for environmental services at UNO, said more than 24 custodial staffers work the night shift. These night staffers, Herman explained, maintain public areas, elevators, carpets, floors, and faculty and staff break rooms.

Jensen, 61, is one of the 24 custodians working the night shift.

Jensen has been employed by UNO since 2003. He is part of a two-person team that is responsible for cleaning the floors and maintaining the break rooms in Arts and Sciences Hall, Allwine Hall and the College of Public Affairs and Community Service Building.

Jensen's nightly routine includes sweeping, scrubbing, burnishing, and vacuuming all the floors on all the levels of the three buildings. Burnishing, Jensen explained, involves polishing the floors using either a push burnisher or a riding burnisher.

"It's a little repetitious," Jensen said. "To overcome that, I try to make every night as enjoyable as possible."

Although Jensen's daily work may be repetitious, there are times when the daily routines are overlooked for bigger tasks. Several years ago, Jensen explained, an extreme summer storm left Allwine Hall flooded with about four inches of mud and water.

Jensen, along with about five other staff members, worked overtime to pump the water out of the building and to clean up the aftermath of the flooding. After the incident, Jensen and his co-workers were honored for their efforts in the clean up.



Squirt bottles and rags are just two of several pieces of equipment used to clean UNO. (ANDREA CIUREI/ THE GATEWAY)

Editor's note: The stories include in the "UNO After Dark" section of The Gateway were written by students in a News Writing and Reporting class taught by the School of Communication's Kevin Warneke.

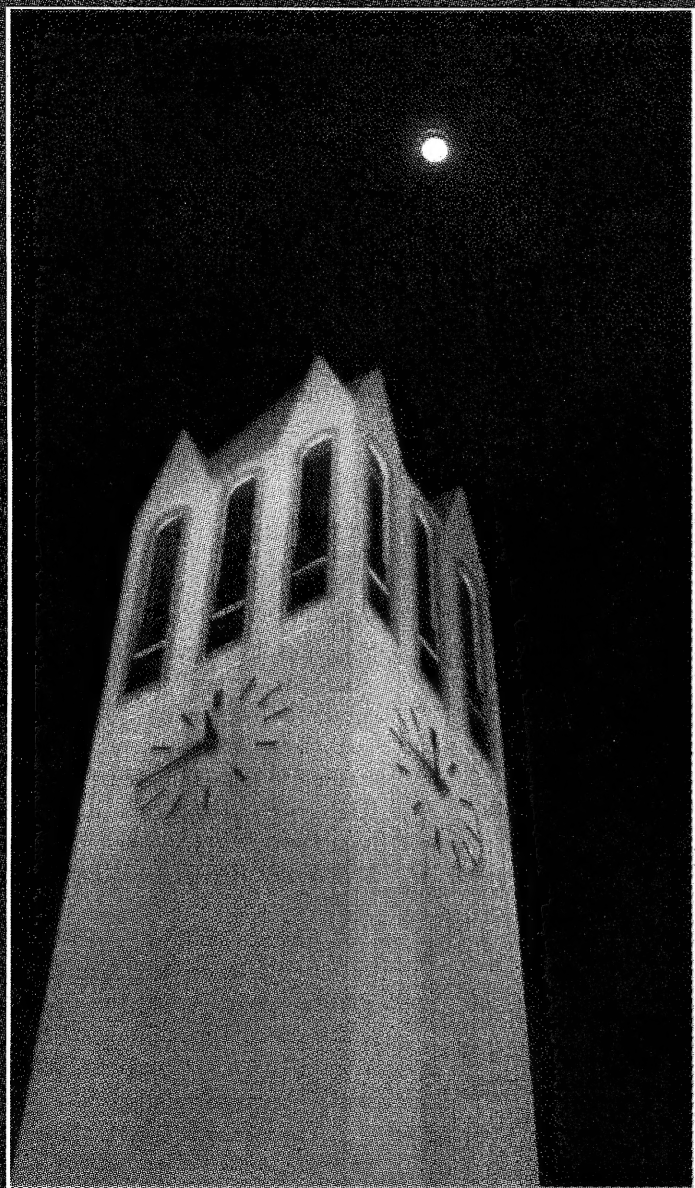


PHOTO BY ANDREA CIUREI/ THE GATEWAY

Jensen, born in Iowa and raised in Duluth, Minn., spent four years serving in the Navy, in photograph intelligence, and uses some experiences from that time to help him in his nightly duties at UNO.

Because of the hours of Jensen's shift, 10 p.m. to 6 a.m., he hardly ever sees daylight while on the job — something he became accustomed to while he was on the aircraft carrier, he said.

Although to others, third-shift work may seem isolated and lonesome, Jensen said he enjoys the relaxed atmosphere and the fun group with whom he works.

The most enjoyable part of working at UNO, he said, is the opportunity to continue his education. Since 2003, Jensen has been working toward completing his degree and hopes to graduate with a degree in psychology next fall, he said.

Although Jensen is nearly finished with his coursework, in order to graduate he has to pass algebra, a subject he hasn't thought about for about 40 years.

"Maybe I'll just hang in here and see if I can find something to do here," Jensen said. "There's not much of a selective job market when you're my age."

Mavs earn fifth straight Mutual of Omaha Invite title

ZACH SEASTEDT
SPORTS EDITOR

The UNO swim team held on to their first-day lead to clinch the Mutual of Omaha Invite for the fifth straight year Saturday evening at the HPER pool.

The Mavs earned the top spot after beating second place University of Colorado-Boulder by more than 1,000 points. UNO had 1,851 points while Colorado-Boulder had 655 and third place Morningside College had 483.

"This one we wanted to see where our swimmers are at and see if we'll be competitive at the end of the season," head coach Todd Samland said. "And this year we are. I thought we did better than I thought we were going to do, I was real happy with that. I thought we would swim the distance events better than we did, it's something we have to work on. The 200-yard backstroke, 200-yard breaststroke and 200-yard butterfly, they have to come. Just needs some coaching focus, that's all."

The Mavs had 855 points after the first day, 441 more than the University of Northern Iowa. Junior Cait Hopkins paced UNO on the first day with two first-place finishes. The Omaha-Marian graduate won the 50-yard freestyle in 24.36 and the 200-

yard freestyle in 1:53.96.

"Cait's done a really good job working hard through the summer and staying focused on what she wants to accomplish," Samland said. "Her teammate Lucy [Zamecnik] right behind her was right there in the 50 and 200, they were going at it. It wasn't just like Cait was going at it by herself, they were definitely working each other. It was good to see, I thought."

The Mavs dominated the freestyle throughout the event. UNO placed the top five swimmers in the 50-yard freestyle and the 200-yard freestyle, and placed four of the top five in the 500-yard freestyle.

"If that's where we were going to score points, that's where we were going to score points," Samland said. "It's great for our conference, but we need to make sure we have more balance. We have to make sure we have good races in the other ones, too. They don't have to be the fastest or the best but they definitely have to be competitive. It's something we have to work on a little bit."

The Mavs built a strong lead on the first day with many solid performances. Three Mavs placed in the top four of the 100-yard butterfly, led by junior Sara Hallgren's second place finish. UNO also won the 400-

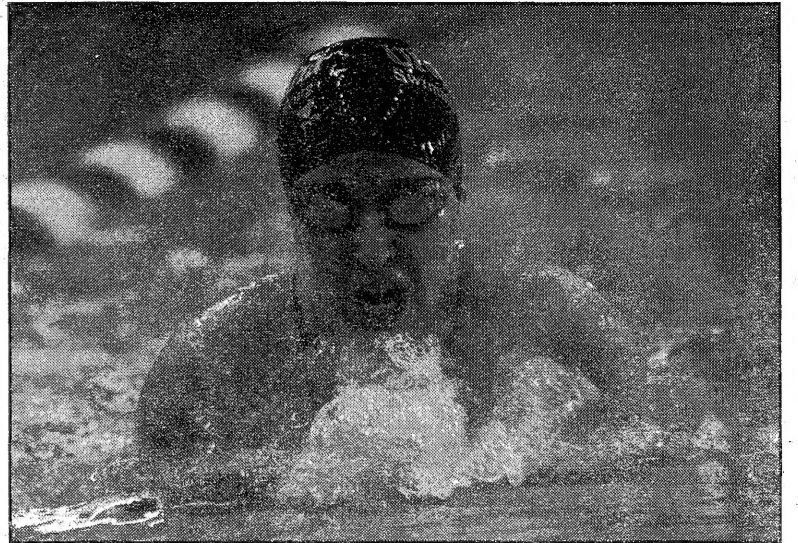
yard medley relay with a time of 4:01.62, 13 seconds ahead of the second-place team.

UNO kicked off the second night of the event with a first-place finish in the 200-yard medley relay. Freshman Cami Hansberry, junior Laura Kemp, Hallgren and Hopkins finished with a time of 1:52.35, almost four seconds before Colorado-Boulder.

Kemp led the Mavs on day two with two first-place finishes. She won the 200-yard individual medley with a time of 2:11.91, more than five seconds ahead of teammate freshman Mattie Fosbender. Kemp also won the 200-yard breaststroke with a final time of 2:29.31.

The Mavs had dominating performances in a variety of races on Saturday. UNO placed the top five swimmers in the 200-yard individual medley, the top three in the 500-yard freestyle, four of the top five in the 100-yard backstroke, the top four in the 200-yard breaststroke, four of the top five in the 100-yard freestyle and the top three in the 200-yard butterfly.

"The underclassmen still have a little ways to go, but they're going down the right trail," Samland said. "Our juniors swam really well in comparison to last year, and that's how we look at it a little bit."



Junior Laura Kemp finished first in both the 200-yard IM and the 200-yard breaststroke at the Mutual of Omaha Invite over the weekend. (JODI PENN/THE GATEWAY)

The victory for Samland's team goes a long way toward preparing them for the upcoming schedule.

"The [Mutual of Omaha] Invite offers an opportunity to see where we're at in the middle of the season," Samland said. "It's more than a dual meet, allows us to get used to the format we swim at in conference championships and nationals, where there's preliminaries in the morning and finals at night. We feel we have an awesome facility that can host this kind of an event, and it's comfortable. It's not an issue for spectators. It's just a great facility and a great time to see where we're at."

The Mavs will have more than month's time away from the pool before they compete against Minnesota State-Mankato in Mankato, Minn., on Jan. 15. The next day they will compete against Northern Iowa in Cedar Falls, Iowa.

"We got a break right now so we'll train hard the next month and a half," Samland said. "We're starting to think about Mankato already, they're a good Division II program. We need to train well and focus on studying right now with the team getting ready for finals. We'll give them time to recharge, to not be totally about competition."



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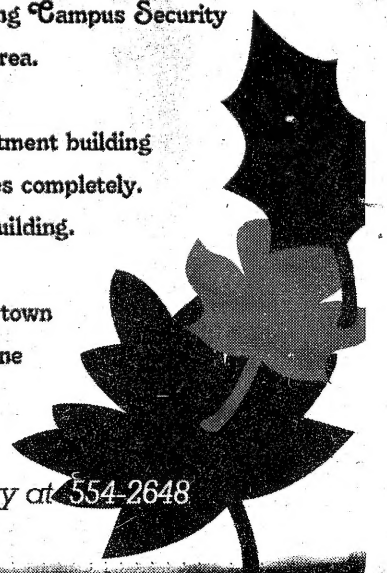
CAMPUS SECURITY

offers holiday safety tips

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Mavs hang on for first conference win over Fort Hays State

ZACH SEASTEDT
SPORTS EDITOR

Fort Hays State cut a 16-point second half deficit to one point, but the Tigers were unable to complete the comeback as the Mavs held on for a 68-62 victory on Saturday at Sapp Fieldhouse.

The win gives the Mavs their first in the Mid-America Intercollegiate Athletics Association. UNO improves to 4-3 overall and 1-1 in the conference. Fort Hays falls to 6-1 overall and 0-1 in the MIAA.

Senior guard Alyssa Green scored 19 points with three assists and three steals to lead the Mavs. Sophomore forward Heather Pohl was the only other Maverick in double figures with 11 points.

The Mavs started strong, jumping to a 10-0 lead five minutes into the game. UNO hit back-to-back 3-pointers to open the game.

"I thought that we took good shots with good balance," head coach Patty Patton Shearer said. "It gave our defense some intensity and gave our team some fire, and I thought that made the game fun for them early. It was critical."

Fort Hays didn't get on the board until 14:46 when guard Audra Binford hit a midrange jumpshot. After switching to a zone defense, the Tigers recovered from the early deficit to tie the game at 13 with 8:28 in the first half.

"If you looked at how we shot in the last game, I think someone would have done that," Patton Shearer said. "I thought we handled it really well, and I thought it didn't take us out of our rhythm, so I was really happy with that."

The Mavs went into halftime with a 35-24 lead on a 3-pointer by Paige Frauendorfer in the final seconds of the half. UNO held a double-digit lead despite having 12 turnovers in the first half.

"For us, I think we were trying to push the tempo," Patton Shearer said. "We were trying to kick it over the top, trying to run, and we were doing that without confidently having open runs. Sometimes I'll take that because we'll be more aggressive and attack, but we were a little loose with the ball."

UNO maintained a double-digit lead in the first 10 minutes of the second half. Down 54-43 with 8:41 in the game, the Tigers began their comeback effort. Fort Hays scored seven of the next eight points to cut UNO's lead to 55-50. After back-and-forth scoring, the Tigers got to within one point on a layup by guard Kayla Klug.

"I think we got anxious with overplaying passing lanes," Patton Shearer said. "We had really bad angles defensively, and I thought they exploited that pretty well. We lost our help side, so we were giving up some easy layups."

The Mavs were able to draw fouls and make five of their final six free throw attempts to seal the game.

UNO shot 42.9 percent in the second half compared to 39.3 percent in the first half.

"I thought we did a much better job executing in the second half," Patton Shearer said. "I thought we were patient and set good screens. We moved the ball against their defense and we just haven't done that in the past. I think in the past it was a dribble-drive early and then it led to turnovers and then it was quick transition scores on the other end. I thought we did a much better job early in trying to execute."

The key to the game for UNO defensively was trying to stop Fort Hays State guard Naomi Bancroft. Bancroft, only the 15th player in Fort Hays State history to reach 1,000 career points, came into the game averaging more than 17 points per game with a deadly 3-point shot. The Mavs held their own against her, holding her to 8-26 shooting from the field and 2-12 from 3-point range.

"She's a great player, so we tried to do as good a job on her as we could," Patton Shearer said. "You just have to tail a player like that. We have some great athletes, even freshmen, so we were able to keep somebody fresh on her. I think that certainly helped. We didn't have to have one player guard her the whole game, we've got three or four players that can run with her. That's what you need because she's got great endurance."

The Mavs held Fort Hays State to 36.5 percent shooting for the game, including 27 percent in the first half. UNO had five blocks compared to the Tigers' one and held a 13-10 steal advantage. UNO had 23 turnovers while Fort Hays State committed 20.

Freshman guard Jamie Nash scored nine points on 4-of-10 shooting from the field. She also had four assists and four steals. Freshman forward Kiley Herold scored eight points with three steals.

The Mavs will return to the court on Tuesday when they take on York (Neb.) at 12:30 p.m. at Sapp Fieldhouse.

Ferris State uses defense to sweep Mavs

CHIP KALINA
CONTRIBUTOR

The Ferris State Bulldogs scored three goals in the second period to beat the UNO hockey team 3-1 Saturday night at Ewigen Ice Arena in Big Rapids, Mich.

The Bulldogs shut out the Mavs on Friday 2-0, giving Ferris State the weekend sweep.

The Mavs fall to 7-6-3 overall and 4-6-2-1 in the Central Collegiate Hockey Association with the losses. Ferris State improved to 11-3-2 overall and 6-2-2-2 in the conference.

Saturday night's 3-1 loss was out of hand by the end of the second period. The Bulldogs struck first 4:43 into the second period when center Jordie Johnston got a top-shelf goal past redshirt freshman John Faulkner.

Later in the period, Ferris State's defenseman Brett Wysopal and forward Cody Chupp scored two power play goals only 1:32 apart to give the Bulldogs a 3-0 lead.

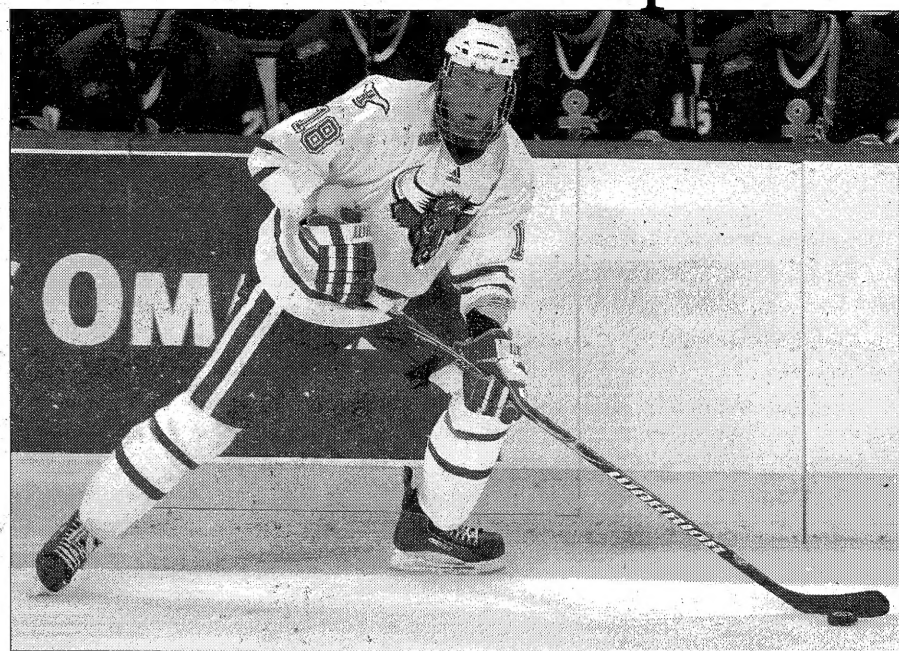
Junior forward Joey Martin assisted on the Mavs' only goal when he stole the puck and fired a pass to Nick Fanto. Fanto scored the short-handed goal 15 minutes into the second period.

The Mavericks were out shot 39-29 and lost the face-off battle 40-33. They were 0-7 in power play opportunities.

Faulkner started the game in net for UNO and finished with a team season-high 36 saves.

Both games were controlled by the Bulldogs' goalie, Tyler Nelson. He had a 28 saves each night and recorded a 2-0 shutout Friday.

UNO was unable to capitalize on any offensive advantages in Friday's



Nick Fanto scored UNO's only goal in the 3-1 loss to Ferris State Saturday. The Mavs are now 7-6-3 overall and 4-6-2-1 in the CCHA. UNO continues its five-game road trip with a series at Alaska this weekend. (MICHELLE BISHOP/THE GATEWAY)

game. The Mavs had only four shots in five power play opportunities.

The Bulldogs' first goal came during a UNO power play when forward Matthew Kirzinger fired a short-handed goal past Faulkner at 13:58 in the first period.

The rest of the game was fairly even, with both teams earning six penalties.

UNO's biggest opportunity to get on the board came in the second period when freshman forward Brandon Richardson's wrist shot beat Nelson. The puck slid toward the net, but Nelson was able to reach back and stop the puck before it reached the goal line. It was ruled no goal after a video review.

UNO was held to only six shots in the third period. Head coach Dean Blais

decided to pull Faulkner at 18:42 to gain a one-man advantage, but the Mavs were unable to get the puck past Nelson.

The Bulldogs' forward Blair Riley got an empty net goal at 19:28 to kill any chance for UNO.

The Mavs were out shot 36-28 and beat on face-offs 43-35. Faulkner finished the game with 34 saves before he was pulled in favor of the man advantage.

With the sweep, Ferris State increased its unbeaten streak to eight games. They are now 10-0-0 at home.

The Mavs will remain on the road for next week's games. UNO travels to Fairbanks on Dec. 11 and 12 to take on Alaska in a two-game series at the Carlson Center. The games will have a 10:05 p.m. CST start.

Mavs' shooting struggles lead to season's first loss

CHIP KALINA
CONTRIBUTOR

The UNO men's basketball team had a poor shooting night as Fort Hays State handed UNO its first loss of the season, winning 79-68 at Sapp Fieldhouse Saturday night.

The Mavs are now 6-1 and 1-1 in the MIAA. Fort Hays got its first MIAA win and is now 5-1.

UNO had four players contributing double figures. Senior guard Andrew Bridger led the team with 20 points, which included making 6-of-6 from the free throw line. Senior forward Matt Newman scored 15, senior forward Dion Curry had 12 and junior forward Eugene Bain added 10.

The Mavericks shot a season-low 33 percent, while FHSU shot 48 percent from the field. The Mavericks were 75 percent from the free throw line but only 17 percent from behind the 3-point line. The Tigers were out rebounded 45-34.

Forward Ken Bowman led the Tigers with 20 points and guard Willie Hassell had 17.

The Tigers jumped to an early lead while the Mavs struggled to get into an offensive rhythm.

"We were hoping we could hold our home court, especially in a conference game," assistant coach Tyler Erwin said. "We didn't shoot the ball very well tonight. A couple of our better shooters went 1-14 from the field and that's something that usually doesn't happen. Were confident in Tyler Bullock and Jeff Martin, it's just one of those nights where we struggled a bit from the field."

The Mavs fell eight behind halfway into the first half and after an

uncontested Fort Hays 3-pointer, UNO took a timeout to regroup.

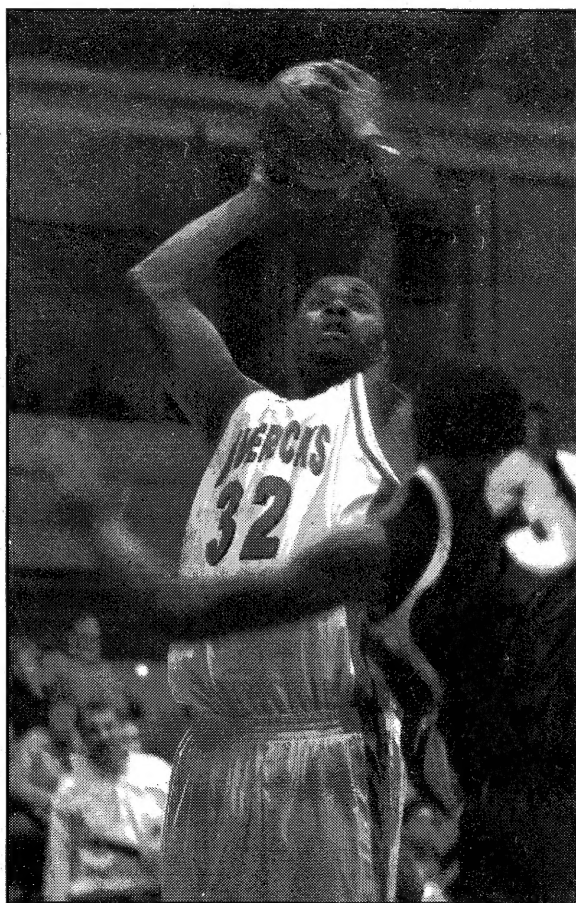
"We've talked about it, trying to come out and trying win the first five minutes," Erwin said. "At times we've done a good job at that, but good teams that jump on you early are tough to come back on. We tried to call a few timeouts to gather ourselves and try to get something set to get an easy basket."

UNO was able to fight back, ending the first half down 30-34. They started the second half energized and even led 62-58 at the 4:51 mark. The Tigers then went on a 9-1 run, never letting the Mavericks back into the game.

"This game was kind of about runs, they made a little run and we made a little run," Erwin said. "Obviously they made a few more runs than we did, but we tried to play solid defense, especially that second half. At times we looked pretty good defensively and at times they kinda strung us out a little bit and exploited our weaknesses a little bit. They had a few ball screens we didn't cover up and they got some open looks. They're a good team, they shot close to 50 percent from the field and when every other shot is going in, you're gonna be tough to beat."

Erwin is confident in his team and looking to bounce back today against York.

"This game is 90 percent mental and 10 percent physical and right now a few of our guys are kinda thinking it's the other way around," Erwin said. "But we got a good bunch of guys. Our senior leadership, our three seniors really stepped up tonight and we just need to be a little more consistent."



UNO's Dion Curry puts up a shot as Fort Hays State's Ken Bowman defends. (JODI PENN/THE GATEWAY)

The Food and Nutrition Act of 2008 helps the needy, but fails to include needy college students

SEAN OWENS
CONTRIBUTOR

One virtue of our country is helping the needy. Many consider it the "American way."

In accordance with Congress, the U.S. Department of Agriculture's Food and Nutrition Services lists many stipulations in its latest version of the Food and Nutrition Act of 2008. This act is more commonly known as the supplementation of food stamps or the Supplemental Nutrition Assistance Program.

Though the first food stamp program was established in 1939, it was quickly abolished due to the United States' entry into World War II. Since then, the resurgence of the program came about with many changes in laws and regulations. After 70 years, the needy college student has never been part of America's plan.

The world has changed since the 1930s and the traditional college student is becoming increasingly non-traditional. Even 20 years ago, students living with parents would have an adequate means to three meals a day. Did Congress fall asleep for decades while colleges filled with students that were not actually kids?

There have to be rules and regulations for any government-funded program. Some of these rules should safeguard the needy. As a college student living in a nation with a 10-percent unemployment rate, I can assure any congressman that there are many college students in need.

The 2008 revision provided many updated rules for who can apply for nutritional assistance, however, there are many problems that never seem to change.

I've done my best to understand the terms and conditions written within the newly revised, 130-page Food and Nutrition Act, but I'd be lying if I said I completely understand some of these rules or why they have been written.

Objectively speaking, I understand the needs of many of the qualifying candidates, such as single parents, people of unfit physical and mental status, and even of the elderly population facing problems involving our nation's Social Security benefits.

Here are a few examples taken directly from the document approved by Congress:

As a student, one must be 17 years old or younger or 50 years old or older to qualify. This means someone who just earned their driver's license is eligible for food stamps but then must wait until he or she is teaching their own children or grandchildren how to drive before they are eligible again. Why?

On-the-job training candidates are eligible for assistance because they work as they learn. I don't disagree with their eligibility, but going into a trade via on-the-job training is slightly different than attending a four-year university.

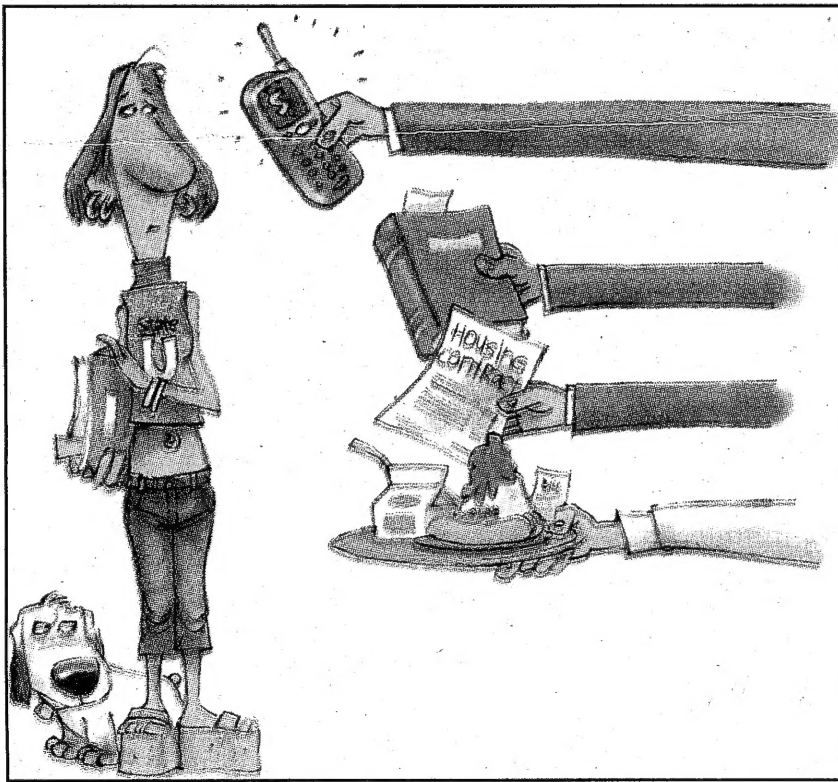
A student at an institution of higher education must work at least 20 hours a week at minimum wage to qualify. This can include federally funded Work-Study through an educational institution.

I currently deliver newspapers for the Omaha World-Herald. I put in 20 hours a week but do not receive an hourly wage. I am paid per paper I deliver. My pay equates to less than minimum wage. Because of this, I was denied SNAP. This says the less money one earns, the less help one needs.

One final argument defining the lack of action in the Food and Nutrition Act is the eligibility of convicted felons. It doesn't provide for students, but it does put students into a lower category than even a convicted felon.

While speaking with an unnamed source, whose jurisdiction lies directly within the confines of the USDA's Food and Nutrition Services, I was shocked with what I heard.

I was told, by this source, that by law, as long



COURTESY LEXINGTON HERALD-LEADER

as someone is not a fleeing felon or has not been convicted of a drug-related felony, they are legally eligible for the SNAP program. This means murderers, rapists, larcenists, pedophiles and arsonists that serve their prison term are eligible for assistance from the government that incarcerated them. But, if you are a college student struggling to find work, you are deemed ineligible. As an American citizen, it makes me wonder what's really going on and why.

In February of 2009, CNN reporter Sean Callebs did a one-month experiment, living off the allotted amount of food that one could render via food stamp supplementation.

"I ate pretty well, and the biggest drawback was a social one, not a nutritional one, because I could not go out to eat at restaurants with friends," he said.

Fortunately for Callebs, his one-month experiment treated him better than some of us in our everyday reality.

Understanding censorship pros, cons can be difficult

"Censorship" is a dirty word for journalists, but determining whether a certain act constitutes censorship can be trickier than you might think.

Even when an act is clearly censorship, common decency or another good reason can prevail to justify it. Prohibiting the

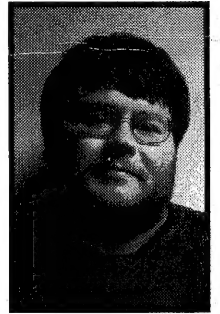
publication of troop positions is universally accepted, for example, but prohibiting the publication of photographs or video of dead soldiers is controversial. Some want the horrors of war to be presented forcibly to the public; others want to show sensitivity to the families of those making the ultimate sacrifice.

We might look to the law to define what is and isn't censorship, but a survey of some of the relevant cases — such as those you study in Michael Sherer's communication law class — shows the struggles with defining censorship and whether it should be permitted.

Even something as simple as prior restraint, which is clearly a form of censorship, can become legally contentious. In one of the landmark decisions on prior restraint, *Near v. Minnesota*, Chief Justice Charles Evans Hughes wrote in the majority opinion, "the protection even as to previous restraint is not absolutely unlimited." Specifically, in times of war, in cases of obscene publications or in cases of inciting violence, prior restraint may be permissible.

What about a situation like delaying the publication of an important story because of concerns about political fallout? At first blush, it appears to be an unabashed case of censorship. What if it occurs

Sinister Slant



Scott Stewart

SEE CENSORSHIP: PAGE 12

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FROM **CENSORSHIP**: PAGE 11

during an election, though? Or during contract negotiations? Or if it addresses something of a personal nature, like whether a politician is gay?

Although delaying an important story might always appear to be wrong, most of us can conceive times when it would nevertheless be appropriate. A traditional example is whether to break a story on the eve of an election accusing a politician of having an affair. There are pros and cons for running such a story, but many people would conclude the right thing would be to wait.

Of course, waiting doesn't always mean the story doesn't get out. The Drudge Report famously broke the Lewinsky scandal after Newsweek decided to sit on the story. Because Drudge got the scoop, the Washington Post picked up the story a few days later, and the cat was out of the bag.

The Newsweek incident is an example of self-censorship by a news outlet and is much more common than external censorship. A recent national study by college journalism teachers Vincent Filak and Scott Reinardy found self-censorship is prevalent in student newsrooms as well, with a link existing between an adviser's comfort with covering certain controversial issues and the publication's willingness to self-censor articles.

In my time as editor-in-chief of The Gateway, whether to practice self-censorship

was one of the more difficult subjects I had to address: Should The Gateway run a story about a student hit by a drunken driver against the family's wishes? (I said yes, but buried the story on Page 2.) Should The Gateway print an obscene or profane word? (I made different decisions in different circumstances.)

The Gateway is fortunate because such decisions to self-censor rest chiefly with the student editors and not faculty members or other university officials. The press-friendly Board of Regents policies governing all the University of Nebraska student press – which includes the Daily Nebraskan at UNL and the Antelope at UNK – contributes to a tolerant environment in which students can learn the news business.

The regents' original 1918 policy on the student press was simple: "The editorial policies of the Student Publications shall be entirely in the hands of student editors and no faculty member or University officer shall interfere in such policies, excepting that the student editors of each publication shall be obliged on entering their duties to nominate to the Board some officer of the University to act as adviser and to call for a new nomination."

Student journalists at UNO are also fortunate to not have seen anything classifiable as external censorship since Chancellor John Christensen took the helm in 2006. Christensen has been hands-off and friendly, at least as far as my experience

goes, and it probably doesn't hurt that his public relations unit includes former Gateway staffers either. (Disclosure: I have been working as an intern for University Relations since leaving The Gateway this fall.)

Unfortunately, the picture isn't so rosy for some of the other local student newspapers. For example, I've heard firsthand accounts from former students about censorship and other restrictions at Iowa Western Community College's student newspaper, The Rover.

At Creighton University, press restrictions are possible because the institution is a private, Jesuit school. I don't honestly know how much trouble this has caused staffers at The Creightonian, but I remember being denied access to campus while working on a story about a shooting near Creighton for The Gateway in October 2008.

The high school press is even worse off, particularly with Supreme Court decisions limiting some of the freedoms enjoyed by the professional and collegiate press. In Hazelwood v. Kuhlmeier, the

court essentially ruled educators could restrict school-sponsored high school newspapers when a valid educational purpose could be provided.

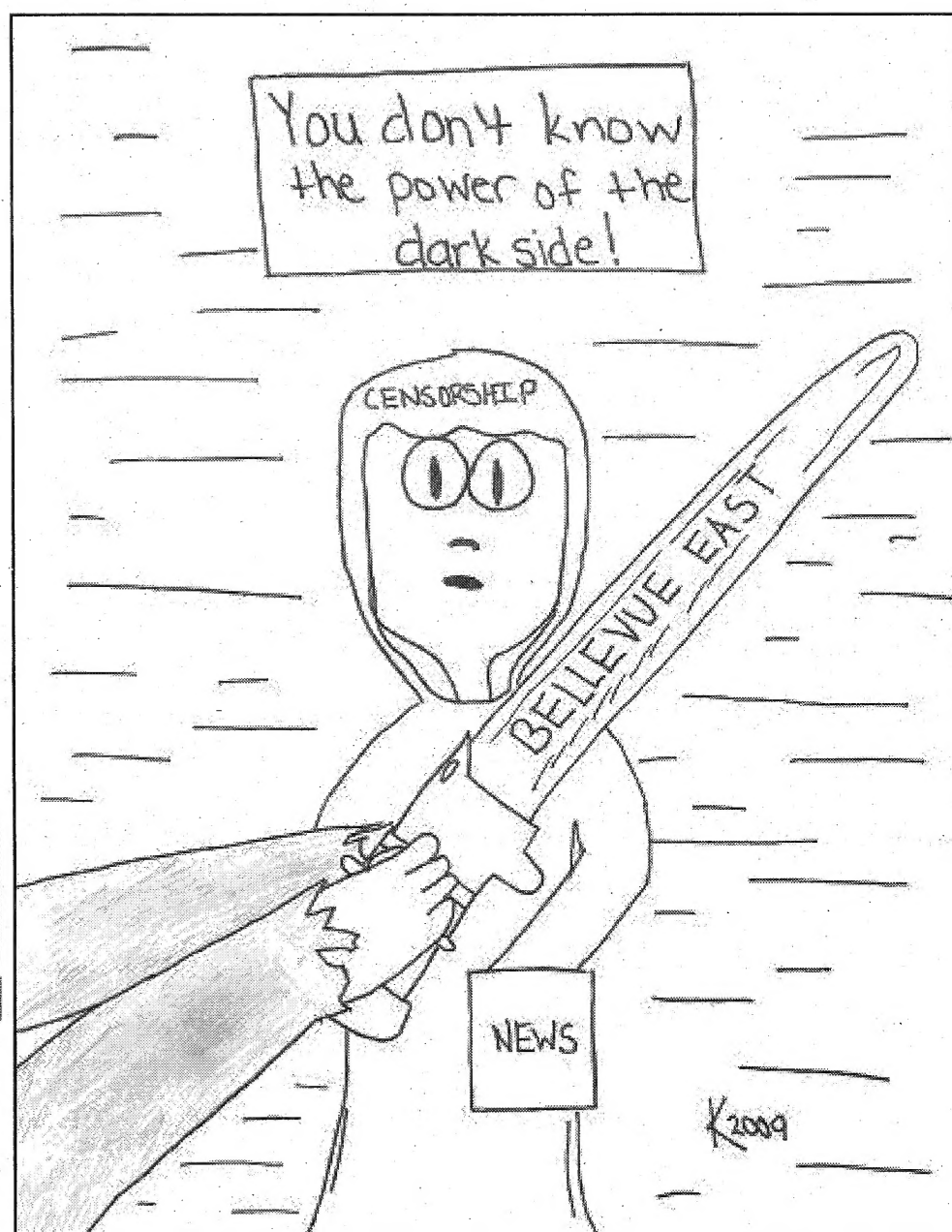
Even the Hazelwood standard does not permit rampant censorship, though. In *Dean v. Utica*, a district court judge ruled viewpoint-based discrimination was not allowed under Hazelwood – that is, school administrators cannot suppress a story because it supports a position the school does not approve.

The policies of many high schools are also not typically as enlightened as the University of Nebraska policy. For example, the second line of the Bellevue Public Schools publications policy, adopted in 1969 and

reaffirmed in March 2009, reads: "The Board of Education delegates to the Superintendent of Schools and building principals the responsibility to regulate the content of school publications."

What all this boils down to is an understanding of the relevant factors in a given case is the only way to make an honest assessment of the censorship, particularly when dealing with the student press. No one standard of appropriateness for censorship always holds, and different legal and policy standards come into play as cases vary.

What's right here at The Gateway may not be right elsewhere, and vice versa.



CARTOON BY KIRBY KAUFMAN

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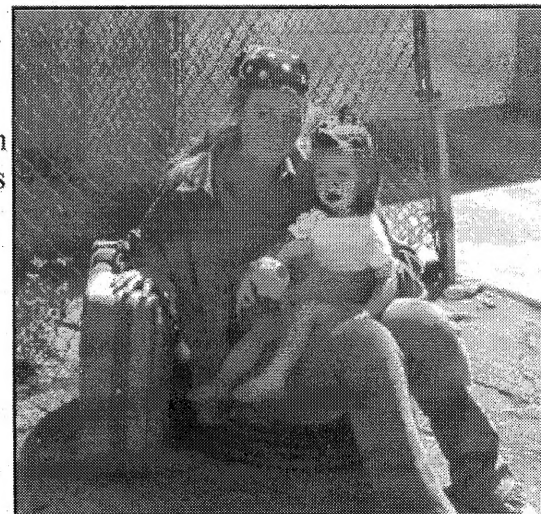
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